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ZOOT[®]

THE MAGAZINE

SEPT.-OCT.'87

"IT'S
TOTALLY RAD!"

INSIDE-
**PULLOUT
CALENDAR**

MUSIC BIOS



Tina Turner

**FOR
JUST**



ZOOT CONTEST

EDITOR FOR A DAY

BY ROXY PORTER

It's another great ZOOT contest!

Here's your chance to be EDITOR FOR A DAY. Just send in your name along with the name and address of a friend aged 12-17 who lives in Alberta and who wants to subscribe to ZOOT.

Submit a few new subscribers' names and your name could be the one drawn at the end of November.

And if you win, you'll spend a fun-filled day in the ZOOT offices putting together a complete page of the magazine.

Not only will you create the design for your page, but you'll carry out the entire process from start to finish.

The day will include a tour of the ZOOT offices, a visit to the typesetters and some time at a real, live photo shoot. You might even have your picture taken to appear in the magazine.

To enter for this once-in-a-lifetime opportunity, you must be an Alberta resident aged 12 - 17. Each entry must be complete with your name, age, address and telephone number.

So get to it and send your name as well as the name and address of a friend who doesn't already receive ZOOT to:

ZOOT's Editor For A Day Contest
c/o 2410, 144 - 4th Avenue S.W.
Calgary, Alberta T2P 3N4



STAFF

Publisher

AADAC

Editor

ROXY PORTER

Executive Editor

LOUISE MOROSE

Art Director/Designer

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ARLY CAMPBELL

Production Director

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BRIAN KEARNS

JACK GULLA

MIKE HEFFERN

Contributing Editor

KEN LOW

Chief Photographer

RIC KOKOTOVICH

Publishing Advisors

JAN SKIRROW

BOB BRYANT

CONTRIBUTORS

ALLSPORT PHOTOGRAPHY: STEVE ATTOR; VALERIE BERNY; JOHN CASABLANCAS; MODELLING: LORNE CRAIG; MAUREEN ELIAS; ELIZABETH DAWSON; DOWNEY FILM SYSTEMS: RIC DURRANT; MARK GARDINER; KEVIN GHIGLIONE; ALLISON HAYES; CHRIS HEATHERINGTON; CHRISTOPHER HO; DARYL HOOKE; DAVID JACOX; RON KEARNEY; FRAN KIMMEL; TERRY LIND; MALCOLM MAYES; MARK MENNIE; STEVE OLSON; JOHN ORESNIK; ROSALIE PEDERSEN; RONALD'S PRINTING: BETTE REIMER; COLLEEN SEEBERGER; SYBIL E. SEWELL; SPENCER & ASSOCIATES; KEITH WALLS; DAVE WHAMMOND; KATE YORGA

TEEN CONTRIBUTORS

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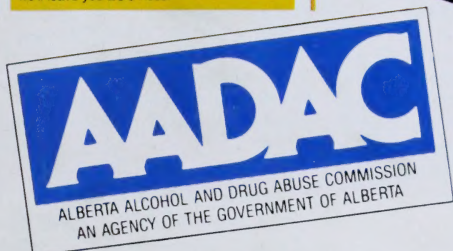
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ZOOT THE MAGAZINE

CANADIANA

OCT 21 1987

Success. Success. Success. Everyone wants it but very few feel as though they have actually achieved it. I've often wondered why success can be so elusive. Maybe it is because it means so many different things to different people.

There was a time not so long ago when I thought that I would really have achieved success if I could finally manage to pass algebra. But I didn't. Really, it is possible to get 49 per cent. I'm living proof!

I was determined not to give up my great summer job working outdoors so I said there was no way I was going to spend the summer behind a desk doing equations.

However, we all know how convincing parents can be, so after a long, hot summer filled with the anguish of summer school, I did pass - with a mere 51 per cent. Now that was true success for me because I had accomplished something that I truly thought was impossible.

And now when I think of what success means to me I remember that great feeling when I got my mere passing summer school grade. I might as well have had 99 per cent. The feeling of relief was just as awesome!

There have been many other occasions when actually getting up the nerve to try something new and going through with it no matter what the outcome, made me feel like a success!

I may still not be that swift with numbers but who

cares if it takes me a little longer to figure out my deposit slip at the bank? Somehow, it isn't all that important as long as I know that I can double-check my figures.

I guess that being successful is all part of accepting the things that make me feel just great and maybe that's not something that you think is so hot. Especially if you're the person waiting patiently behind me in the lineup at the bank!

But that's okay.

Catch some great tips in our new section called "Freebies" which offers a listing of brochures and other hot information on topics just for you.

And take a few minutes to develop some "Quiet Confidence" by reading the article all about beating shyness which appears on page 28.

"Shattering Those Mental Blocks" on page 22 is a guide to eliminating those messages like "I can't..." or "If only..." which can block success.

Or try our quiz on assertiveness and see if you really do stand up for yourself.

So, whatever you call "success," keep in mind that just being you is the first step to getting there.

Until next time,

Roxy Porter
Editor

P.S. Drop me a line sometime just to let me know how things are going!

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OTTAWA INSIDER

BY MARK GARDINER

An interest in politics led Amanda Chief Calf to Ottawa where she attended the federal government's annual Forum for Young Canadians. Amanda, a 17-year-old student at the Morley Community School, was one of 600 students from across Canada who attended the week-long forum.

"I've always had an interest in politics, and want to take political science at university," explains Amanda, "but I didn't really know what went on in the government. Canada is so multi-cultural and regional that it takes a lot of compromising."

The students attended sessions in parliament, had dinner with their MPs and lunch with senators. "Meeting a lot of great people from all across the country," says Amanda, "was the most memorable part of the trip." She also feels that the forum will provide her with a useful background as she pursues her goals of studying political science and, as she says, "getting into government to do something for the Indian people."

She definitely gets ZOOT's vote!

ACADEMIC DECATHLONS

BY ROSALIE PEDERSEN

"It's a fun time, a break-from-the-mundane-school-year time. You just relax and go for it."

▲ Michael Rehman, a Grade 12 student from Springbank Community High, west of Calgary, might be talking about a band trip, a basketball tournament or a ski trip. ▲ But he isn't. ▲ He's referring to the latest in mind games – an academic decathlon.

▲ As the name suggests, students are examined in 10 areas in one day! They are interviewed. They write essays. They give speeches. Then they write 40-minute exams in math, science, history, fine arts, literature, general knowledge and trivia. And students think it's fun! ▲ In March, eight Alberta high schools sent academic decathlon teams to the western Canadian finals in Fort McMurray. Five of these then competed in the Canadian championships in Burlington, Ontario. ▲ And the competitions were fun. Fort McMurray's Father Mercredi High entertained the decathlons with dog sled and sleigh rides, an hors d'oeuvre party, a banquet and dance and, of course, the medal presentations. ▲ Father Mercredi team member Shobha George chatted with visiting contestants. She found they felt a lot like she did. "We were all really nervous before the competition," she says, "but when I talked to the kids from other schools, I realized that we had a lot in common."

▲ For Scott Kiss, a Spruce Grove decathlete, the event was "absolutely wonderful," the most fun he'd had in a long time. But it was more than fun and medals. It was being together with a team and making new friends. It was showing his athletic-minded school friends that "the academic decathlons weren't a bunch of nerds who studied 50 hours a day."

▲ In fact, students don't need top marks to participate. Teams require a variety of students. ▲ Mike Ballard, a St. Mary's High Grade 12 student, brings home C's. Still he found he placed well in the decathlon. He, as did the other decathlons, studied the event's curriculum for several months before the competition – and it paid off. ▲ Alberta schools made toast of the competition. Spruce Grove High won the gold in the nationals and the silver in the western finals. Fort McMurray's Father Mercredi High won at home, and came in seventh in the nationals. Springbank High placed fourth in both competitions. At the national level, Stoney Plain was ninth and Grande Centre, eleventh. Congratulations!

"I didn't think I could compete with other students and do well – but I did."

Shobha George

"The Academic Decathlon was exactly what I always wanted to do."

– Scott Kiss

"I'd rather do this than athletics because I'm building skills I'll use all my life."

– Mike Ballard

"It's fun. You meet new people, it's more like Trivial Pursuit than schoolwork."

Michael Rehman

FREESTYLE CHAMPIONSHIP

BY ARLY CAMPBELL



July 23 certainly turned out to be an exciting day for a lot of keen enthusiasts at the Edmonton Northlands Coliseum, where the Canadian Freestyle Championships were hosted.

The event (co-sponsored by your favorite mag – ZOOT!) had several participants bombing, diving and skidding their way through one of the toughest courses ever put together.

More than 100 teens from

across North America, aged 12-18, came to participate.

Some stunts and spills were enough to scare fans, let alone riders, half to death! But control, common sense and skill prevailed with no more than a bruise to a rider's ego.

Prizes were awarded to the top three competitors in novice, intermediate and senior divisions.



Photo: Mark Menne

ON THE BALL

BY FRAN KIMMEL

Patsy Campion, 17, shares her Calgary bedroom with an impressive *Wham!* collection and a whole lot of medals. Her latest sport is goalball and she's into it in a big way.

"It's so electric," explains Patsy. "The adrenalin gets pumping and the team has to really work together to do well."

Goalball is one of the few sports exclusively designed for blind athletes.

The game is played indoors with a ball slightly heavier than a basketball and filled with bells to make it audible. Two teams of three blindfolded players try to roll the ball across the opponents' goal line to make a point. The other team must stop it any way they can.

Patsy, at 13, was the youngest player to make the Alberta Goalball Team. Players are chosen for their endurance, playing ability, auditory skills and strength. This year Patsy competed with women from all across Canada and earned the position of first alternate for the six-player National Team.

Years of competitive swimming helped her develop the discipline needed to excel in goalball. She worked her way to the top by swimming 3,000 metres a day, often seven days a week. In 1985, the hard work paid off with a gold medal in Sweden for participation in a disabled athletes' competition.

"Being visually impaired has its setbacks, but I'm stubborn and I usually get what I want," says Patsy, although she admits that chemistry just might be the exception here!

From swimming to goalball, her trick has been to set one goal at a time.

Her next goal — a chance to compete in the 1988 Summer Olympics in Seoul, Korea.

Rock Artist

BY MAUREEN ELEY-ROUND

Pterodactyls and rock stars from the 1970s might all be fossils to some people but to Lynn Deuschendorf, 17, they're exciting subjects for sculptures and paintings. Her art succeeds because it shows the connection Lynn feels between the music she enjoys listening to and the visual artwork she loves to create. She's really inspired by '60s music from groups like Cream, The Doors and Ten Years After and blues by Willie Dixon.

So what does it take other than talent and technical skills to be an artist? "Perseverance and support. I also get some incentive from my friends and family. I'll work on something for them and they sometimes do stuff for me."

Her interest in prehistoric forms started last July when she went on a sketching trip to the badlands near Drumheller during the Summerscapes program. It involved high school artists from all over Alberta who stayed at Red Deer College for six days of new art experiences and new friendships that resulted in a highly successful exhibition. "They turned us loose on the studios and trusted us like a family," explains Lynn and she says the Summerscapes instructors were just great and taught her all the new skills she needed to experiment with her choice of unbelievable supplies and materials. Now she's experimenting at home with a new water-based oil paint.

When she's not making art, Lynn has some heavy responsibilities. She teaches community arts and crafts

classes, is an art aide, studies the guitar and is going to St. Francis Xavier High School in Edmonton. No wonder she was a finalist in the 1986 Youth of the Year competition and was awarded a volunteer appreciation certificate from Edmonton's Thorncliffe Community Centre last year.

Lynn hasn't made any concrete plans yet, but as far as a career is concerned, she knows she wants to help people. "I'm considering art therapy, but I'm sure I'll do something in the art area. Art therapy is working with handicapped and disabled people and it's used to help them physically. It also helps them let out some emotion."

Whatever she decides, Lynn's very creative approach and committed attitude will ensure her success.

If you are interested in the Summerscapes program, please call the Summerscapes coordinator at Red Deer College at 342-3555 for more information.

ALBERTA
HOT
KIDS

Horsing Around

BY SYBIL SEWELL

Rabo Nijenhuis wasn't born on a horse, but he has been in the saddle since he was five years old. His first three ponies taught him how to fall off and get back on again. And get back on he did: by the time he was 12, he had consistently placed in the top two positions in seven of the eight preliminary level-combined events in Alberta.

For the past two years, he has won one of two junior scholarship prizes awarded at the Junior Masters jumping competition held at Spruce Meadows near Calgary.

This year, 14-year-old Rabo has shown three horses in combined training events and show jumping, one of which is Wellington, an imported Oldenburger stallion on loan to Rabo for training.

Wellington had only very basic training with no jumping prior to his arrival at Rabo's home, the Horburg Equestrian Center, 24 kilometres west of Rocky Mountain House. In the first month Rabo and Wellington progressed well in dressage and stadium jumping, and had already started jumping the cross-country course. "He has a phenomenal natural jump," says Rabo.

Rabo knows each horse's personality, and has built a strong rapport with the four-legged members of his team. "Success isn't counted by the number of ribbons and trophies," says Rabo, whose goal is to ride on Canada's National Team. "Even if we don't win, if the horse is trying as hard as he can, and I'm putting out as much as I can, that's success."

Seven days a week Rabo's up at 5 a.m. to feed and care for the horses with the help of his younger brother Erik. After school he rides one horse for 45 to 60 minutes, then supper, homework, and another horse is trained before bed. That's dedication!

On top of that, this Grade 10 teen at David Thompson High School is into basketball, track and field, plus downhill skiing in winter!

For more information on riding combined events, write to: Mr. Gerrit Nijenhuis, President, Alberta Combined Training Association, Box 1647, Rocky Mountain House, Alberta T0M 1T0.



Photo: Sybil Sewell



SKATEBOARD

BY VALERIE BERENYI

So you want to be a skateboarding pro? Three of the world's hottest skateboarders have just three words of advice for you: practice, practice, practice.

This past May would-be pros, brand-new beginners and adoring fans took this advice to heart when they turned out to watch and learn from **Steve Caballero**, **Adrian Demain** and **Lance Mountain**. The threesome is part of the 10-member **Bones Brigade**, a skateboarding demo team from California. They visited Calgary's Max Bell Arena to help with clinics conducted by the city's parks/recreation department, and to cap the weekend with a stunning demonstration.

A fourth Bones Brigade member, **Mike McGill**, was to appear but decided to stay in California to nurse an old

skateboarding injury, said Jerry Kozan, owner of Skaters, the Calgary shop which sponsored the demos.

The clinics focused on freestyle, street and ramp riding skills with an emphasis on the correct use of safety equipment. The California pros highly recommended using helmets and kneepads; Lance Mountain especially does, as he was once unconscious for five hours following a crash on his unhelmeted head.

Jerry Kozan takes a similar view: "We like to encourage kids who ride primarily on the street to buy wrist guards and kneepads. Most kids who fall when they're just starting out tend to fall to their hands. As a result, there are all kinds of wrist injuries, either sprains or breaks. Or they fall to their knees.

"Once you master a street ramp or want to move onto a half pipe, then at that point, in my opinion, it's absolute foolishness to ride without a helmet."

Lance, 22, points out that many people taking up skateboarding today are at higher risk than when he started out more than 10 years ago. He says kids read about advanced tricks in the magazines and then want to jump into it right away without learning the basics.

"When I started out, for about three years I didn't do anything difficult: skated on the street, sat on my board or played tag with my friends. Now the stakes are higher."

The stakes are also higher for pro skaters trying to invent new tricks. As skateboarding becomes increasingly popular more people are trying to carve out a name for themselves with a spectacular new trick. This is also what keeps **Adrian**, **Lance** and **Steve** excited about their sport.

"Each trick is another new thing to do; that's why you always have so much to learn," says **Steve**, 22. He invented the "Caballero," a 360-degree spin done airborne from a half pipe, without touching the board.

Steve admits he occasionally gets frustrated with skating but copes with it by becoming "real quiet and real determined" and keeps at it until he accomplishes what he's working on.

It's totally rad,

"Never!" says Lance, who hates the idea of "kids being grown like plants" for a sport.

"It's like surfing, it's an individual sport," adds Steve.

Jerry Kozan says skateboarding was started in the early '60s by frustrated surfers and enjoyed a few years of popularity. It dropped off until the mid-'70s when it picked up again for three or four years.

"In the '70s it was an underground movement," he says. "The hardcore skateboarders stayed with the sport whereas others moved on to BMX racing or went back to surfing. There is still that fringe element surrounding the sport but it is becoming more mainstream. In 1983 it became a recreational pastime and from there has grown to where it's become recognized as a world-class sport."

But skateboarding will probably always have something of a radical image — especially if cities continue to outlaw skating on the streets and clamp down on the construction of skateboard parks. Bylaws in both Calgary and Edmonton prohibit skateboarding on streets and sidewalks. The fine in Calgary is \$12; in Edmonton it's more than double, at \$25.

But Jerry says Calgary city police tend to not enforce the bylaw. "It's illegal (to skate on city streets) but the police turn a blind eye to it as long as the kids stay away from downtown. They don't want them skating at city hall or on the 8th Avenue Mall."

Photos: Ric Kozakovich

Lance operates the other way. When he's having a really difficult day trying to master a new trick, he'll stop and give it a rest, then start fresh the following day. "Some skaters try to beat each other; I try to beat myself," he says. "The hardest and most challenging thing for me is to skate my best."

Adrian, 20, relatively new to the world of professional skateboarding, laughs that he takes his frustrations out on his board.

All three shudder at the suggestion that, as skateboarding becomes more commercial and accepted as a world-class sport, it might eventually become an Olympic event. They prefer that skateboarding remain something done for fun and enjoyment.

If you want more information on skateboarding, visit a reputable skateboarding shop in your neighborhood, or write to the newly-formed Calgary Skateboard Society. Their address is Box 23, Site 16, SS 1, Calgary, Alberta, T2M 4N3 and they welcome letters from across Alberta.

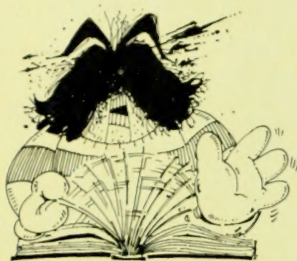
Here's a final piece of advice from Steve Caballero: "The best way to learn is to be a good observer. Skate with people who are better than you and watch carefully to see how they do tricks. Then, skate everyday, all day."

GRABINSKY

BY CHRISTOPHER HEATHERINGTON



"THE KEY TO SUCCESS, THEY SAY, IS PERSISTENCE..."



COMBINED WITH RECOGNITION OF OPPORTUNITY AND WHEN TO EXPLOIT IT...



...AHAH! HERE IT IS! SUCCESS AT LAST!



HELLO? TWO FOR ONE PIZZA?...

STRAIGHT GOODS

BY TERRY LIND

1. Can "binge drinking" or drinking on the weekend damage my health?

If alcohol is used in moderation, there are not usually any adverse health effects. However, drinking larger amounts of alcohol, such as binge drinking or excessive drinking on weekends, can be dangerous. Alcohol depresses those parts of the brain that control judgment and movement. People may take risks that they wouldn't take when sober. The chances of harming yourself or others is much higher. Drinking and driving is an example of such risk taking. Also, excessive drinking on the weekend can damage your health by harming body cells such as those found in the brain and liver.

2. What makes a person "high?" How do the chemicals work on his/her body or brain to make them act that way?

Drugs that make people "high" do so by acting on the chemistry of the brain. Different drugs affect different parts of the brain in ways that are not yet well understood. Alcohol acts on part of the brain to relax inhibitions which might make people feel happier or high. Cocaine and amphetamines cause increased release of another substance normally produced by the brain which acts on the pleasure centres of the brain. This leads to the happy feelings that become associated with the high. The precise way in which cannabis affects the brain is not known.

3. What are the effects of taking alcohol and penicillin?

Taking alcohol and penicillin may sometimes cause stomach irritation. Alcohol depresses the immune system of the body. Therefore, antibiotics such as penicillin and tetracycline are less effective in fighting infection if alcohol is also taken.

4. Can taking aspirin when you have a fever make you feel worse? Is it called Reye's syndrome?

Aspirin is often used to reduce fever caused by infections. Taking aspirin when you have a fever should not make you feel worse.

Reye's syndrome is linked to the use of aspirin to treat high fever, flu or chicken pox in children. The symptoms of Reye's syndrome are a rash, vomiting and confusion. It usually affects people under the age of 18 and may come after a viral infection. Caution should be used in giving aspirin to children with fever. If in doubt, medical advice should be sought.

5. Is it true that if you start to use marijuana, you'll end up using harder and more potent drugs?

Someone who uses marijuana usually does not progress to using harder and more potent drugs. However, most people who use more potent drugs used marijuana first.

STRAIGHT GOODS

Straight Goods will give you the straight information on anything to do with alcohol and drugs. Send your questions to:

STRAIGHT GOODS
c/o ZOOT, The Magazine
2410, 144 - 4th Avenue S.W.
Calgary, Alberta
T2P 3N4
or phone toll-free 1-800-372-9578

ALL NAMES ARE KEPT STRICTLY CONFIDENTIAL
ALL YOUR QUESTIONS WILL BE ANSWERED BY AADAC STAFF

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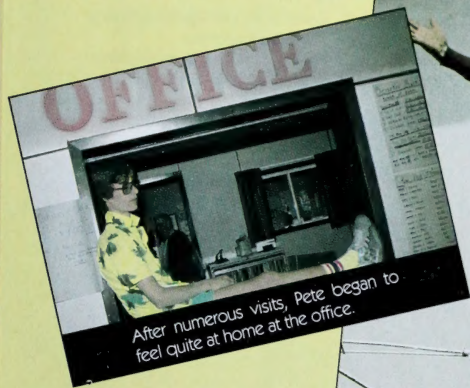
BEISEKER COMMUNITY SCHOOL

ALBERTA BREAK

BY DARVL HOOKE



After putting the principal's car into the crusher, the girls stuffed it in a garbage bag and took it home.



After numerous visits, Pete began to feel quite at home at the office.



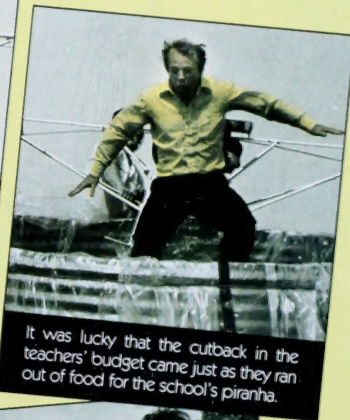
Joe thought he had landed a job as a lifeguard. Was he in for a surprise!



It quickly became evident to the sympathetic students that ZOOT photographers don't make much money.



Against all logic, Bob was certain it could hatch this way!



It was lucky that the cutback in the teachers' budget came just as they ran out of food for the school's piranha.



After posing like this for six straight hours, the girls finally caught the attention of the ZOOT photographer.

Photos: Ric Kalotovich

FREEBIES!



These free booklets are packed with interesting articles and activities – all free for the asking and available by sending a self-addressed, stamped, business-size envelope.

NATURAL HISTORY NOTEBOOK.

In this series of four notebooks, you can learn some fascinating facts about the world of animals. Five illustrated pages are available on each of the following: North American Animals, Animals From Other Continents, Endangered and Extinct Animals, Prehistoric Animals. Only one notebook per request.

Write to: Information Centre
National Museum of
Natural Sciences
Ottawa, Ontario K1A 0M8

BABYSITTERS.

Information on how to prevent accidents when children are under your care, including advice on first aid, fire escape planning and home security.

Write to: Canada Safety Council
1765 Boulevard St. Laurent
Ottawa, Ontario K1G 3V4

TIPS ON EMPLOYMENT SERVICES.

If you are looking for a job for the first time or are considering a change of employment, this booklet on choosing an employment agency can help.

Write to: Canadian Council of
Better Business Bureaus
1 St. John's Road, Suite 502
Toronto, Ontario M6P 4C7

PORTABLE SOUND AND YOU.

Listening to loud music can permanently damage your hearing. This folder tells you how to prevent a music-induced hearing loss.

Write to: Canadian Hearing Society
217 Spadina Road
Toronto, Ontario M5R 2V3

WHAT'S HAPPENING?

Do you want to know what fall and winter activities for teens are happening in your area?

Write to:

Community Information Services
City of Grande Prairie
#100, 10124 - 101 Avenue
Grande Prairie, Alberta T8V 0Y2

Recreation Department
Town of Brooks
201 First Avenue West
Brooks, Alberta T0J 0J0

Community Services Division
City of Medicine Hat
580 First Street S.E.
Medicine Hat, Alberta T1A 8E6

Parks and Recreation Department
Town of Peace River
10008 - 100 Avenue
Peace River, Alberta T0H 2X0

City of Lloydminster
5011 - 49 Avenue
Lloydminster, Saskatchewan
- Alberta S9V 0T8

Recreation Department
City of Red Deer
4501 - 47a Avenue
Red Deer, Alberta T4N 3T4

Central Recreation Services
City of Calgary
4th Floor, 205 - 8th Avenue S.E.
Calgary, Alberta T2P 2M5

Community Services Directorate
City of Lethbridge
4th floor, 817 - 4 Avenue South
Lethbridge, Alberta T1J 0P3

Parks and Recreation Department
City of Edmonton
Revillon Building
Box 2359
Edmonton, Alberta T5J 2R7

Family and Community Support
Services
City of Fort McMurray
9909 Franklin Avenue
Fort McMurray, Alberta T9H 2H5

You can watch your local newspaper or contact your local municipal office to find out what's happening for teens in your area!

NEWCOMERS' GUIDES TO ALBERTA.

Several booklets are available with information on such topics as health care, housing, driving, money, community services and rights and duties.

Write to: Immigration and
Settlement Services
Alberta Career Development and Employment
14th floor, Park Square
10001 Bellamy Hill
Edmonton, Alberta T5J 3W5



ASSERT YOURSELF ...

(or, say no when you mean no)

BY LOUISE MOROSE AND ROXY PORTER

Do you stand up for yourself? Let's see.
What would you do in each of the situations listed below?

- You are waiting in line to buy tickets to the concert of the year. Suddenly someone pushes ahead of you and refuses to move. You:
 - make a loud comment about their rude behavior;
 - excuse yourself and politely explain that you object to them moving into line since you have been waiting for quite a while;
 - say nothing and fume inside.
- You're with a group of three friends you're just getting to know. They want you to pull a prank on a classmate. You:
 - don't go along and clearly explain why you don't agree with it;
 - don't go along because you think it's juvenile;
 - go along because you want to be one of the gang.
- You feel hurt and angered by a careless remark an older person made regarding your trendy new jean jacket. You:
 - let him/her know you're angry;
 - say nothing and smile;
 - quietly and firmly tell him/her how the remark hurt your feelings.
- You've just attended your first open students' council forum at the auditorium. The main speaker was excellent, but expressed an unpopular position and you know he/she would appreciate some friendly support. You:
 - go up to him/her, indicate your respect for his/her views and express your own opinion;
 - try to talk some friends into agreeing with that position;
 - wish you had the courage to say something.
- A close friend of yours makes a negative remark about a new student who just showed up in your class wearing something completely out of style. You know it's really not a big deal. You:
 - say nothing but feel really bad about the situation;
 - stick up for this new person because clothes aren't everything;
 - laugh and join in the kidding.
- You go browsing at the local video store with your friends. You choose *Stand By Me* but they want *Friday The 13th, Part II*. You:
 - go along with everyone else but let them know that you're not happy about it;
 - vote for your choice, you've got nothing to lose;
 - go along with everyone else.
- You realize that a good friend of yours always borrows things but never returns them. You:
 - just forget about it — this is your friend;
 - tell another friend not to lend anything to this person;
 - next time your friend asks for something, refuse but explain why.
- A person in your class constantly phones you and drops a few hints about getting together on the weekend. You really don't like this person as anything more than a friend, but you do have a nice friendship and don't want to hurt him/her. You:
 - ignore the hints;
 - tell the person how you honestly feel;
 - make excuses and avoid the person.
- You go to the hairdresser and as she cuts your hair, you realize that it's getting shorter than you requested. You:
 - try to start a conversation and approach the subject gradually;
 - screech and yell "STOP;"
 - say nothing, hoping that it grows out quickly.
- After shopping all day long, you finally find THE perfect sweater to complete a new outfit. As you are about to pay for it, you discover a large rip under the arm. It's the last one left on the rack, so you:
 - ask if they have another one in another store or if they can repair it for you;
 - pay for it anyway because you would be too embarrassed to say anything;
 - request a discount and plan to fix it yourself.



SCORING:

- | | | |
|----------|------|------|
| 1. a) 2 | b) 3 | c) 1 |
| 2. a) 3 | b) 2 | c) 1 |
| 3. a) 2 | b) 1 | c) 3 |
| 4. a) 3 | b) 2 | c) 1 |
| 5. a) 1 | b) 3 | c) 2 |
| 6. a) 2 | b) 3 | c) 1 |
| 7. a) 1 | b) 2 | c) 3 |
| 8. a) 1 | b) 3 | c) 2 |
| 9. a) 3 | b) 2 | c) 1 |
| 10. a) 3 | b) 1 | c) 2 |

POINTS 24-30:

Congratulations! You have a healthy balance of qualities which is really important to being assertive. Most situations require some give-and-take and many of them with self-confidence. Chances are you've earned the respect of a lot of people. Keep it up!

POINTS 17-23:





Assertiveness is positive and constructive, aggression just gets in the way. Instead of getting angry at a person or situation which upsets you, try to remain calm and figure out what happened. Practice keeping your behavior in control and watch things happen.

POINTS 10-16:

You can be passive sometimes and feel as though your opinion is not quite as important as that of your friends. Not true. Try to remind yourself that your views do count and people do want to hear them. Stand up for yourself!

A Crashing Success

by David Jacob



One of the first articles I wrote for ZOOT, about four years ago, was on the subject of careers. The point of the piece was that you didn't have to become a computer programmer to assure yourself a reasonable degree of success. There were simply too many other things perhaps worth trying and besides, the lineups to get in were shorter. Computer schools were filling up with people you just knew would be part of the crowd pounding the streets a few years later.

Fact is that today I look back to see that I was exaggerating the situation just a bit. But there are some examples of the strength of the theory that a strange, off-the-wall career choice can sometimes offer as much or more than one that everyone tells you is the thing you should do if you want to be successful.

Successful?
What's that?

Is it money, happiness, fame or finding a way to help another person, a bunch of people or the whole planet?

I honestly can't be sure. But I can and will give you a close-to-home example of what I think success is.

One of the careers I came up with when I was researching my article was performing stunt work for TV and movies. I came across a story on a school in California which, it seemed, a lot of the busier stunt men and women had attended at one time or another.

I phoned the school, asking out of curiosity, if there was a vacancy in a future class. There was.

I phoned my 18-year-old son to see if he'd like to fill it. He would.

That was then, this is now.

David, the son in question, phoned me last night to tell me that he's home for the weekend from Hope, B.C., where he's been working as stunt double for Tom Berenger of *Platoon* Academy Award-nominee fame. Everything had gone well, everything being repeated falls from a cable strung 140 feet above a river and across a canyon in the boonies. He'd been dropped to the end of a safety line, swung onto the side of a cliff and generally used and abused. He'd learned a lot in a few short days ... about looking before you leap, relying on those around you. He'd also earned a lot of money.



At 22, David has the respect of some very demanding and experienced elders. He owns a dirt bike, a street bike, a 4 x 4 truck and a new 5-litre Mustang. He has a great girlfriend and a nice apartment. He's in great physical shape. He has interesting friends, exciting times and walls lined with pictures of David with Tom Berenger, David with Darryl Hannah, David with the crews from *Airwolf* and *21 Jumpstreet*. With the appetite for action videos growing more insatiable every day, he'll probably have lots of work as long as he stays healthy.

He's happy. Deliriously happy. A lot of people think that David is a big success at a very young age.

I used to wonder when he became a success.

I mean, what did it? What pushed it over the edge into clearly-he's-made-it country?

I've thought about it a lot and I'm finally certain of the exact moment at which David became a success.

It was the precise same moment when he knew that he'd

found something in his life that he was prepared to make a total commitment to and work hard for with no guarantees and no regrets if things didn't turn out exactly the way he'd planned.

I remember that moment. It occurred not long after David returned from the mind-blowing experience of attending that stunt school in Chatsworth, California.

He was not, in any reasonable sense of the term, a success at that time ... and he wouldn't be for quite a while.

He had a lot of \$50 movie-extra days ahead of him and a lot of doors to knock on. On the rare occasions when he actually got through one of those doors, it was usually to hear that "they'd call him back."

All the time, David was a success. He was doing what he wanted to do the best way he knew how. Even when he was doing shifts at a restaurant, he knew he was really a stunt man. Success was just around the kitchen.

The point of all this is that real success comes from within, and happens as soon as you focus everything you have going for you in a direction that appears headed for something you value.

Which leads me to offer a few thoughts you might want to consider when you're mapping out your own success.



1. Define your goals.

Define your personal success goals in terms of what you want to do and feel you should do, not by what others think you should do.

2. Listen and learn.

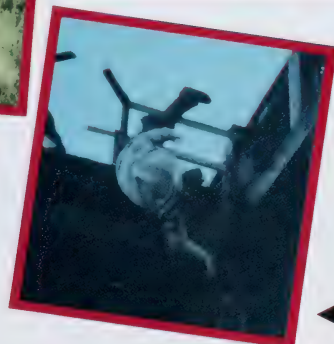
At the same time, listen to other people's (especially older people's) feelings about success. You'll be surprised to learn that very often real success turns out to be something quite different than what you think it is when you're chasing after it.

3. Go for it.

When you have your future clearly in focus, pursue it with passion, patience and persistence. Carry on through disappointment and dire straits and wait for the pieces to fall into place. They will. Just ask Bryan Adams, or the happy-but-anonymous guy who lives down the street. You will make it.

4. You're winning already. Way to go!

Finally, even if you don't succeed to quite the degree for which you set out, you'll still be a success because you'll be doing what's right for you.



LOVE 'EM

by Allison Hayes

All insurance for younger people is quite high in comparison to that of the older generation. There is a good reason why our insurance is high. Insurance companies are not trying to rip us off just because we are younger.

I want you to pretend that you are the owner of a prominent insurance company. You remember your younger days. Driving was so important but insurance was a killer. So you

decide to give the young, inexperienced drivers a chance. Do remember that the key word here is "inexperienced."

For one year, you give them low rates. Maybe this will make it easier on today's kids. They love you for doing this! Business is booming as word spreads about your low rates. At the end of this time, you study the files and discover that there have been a few accidents. In fact, there have been many. After figuring out the cost of repairing the cars damaged by such collisions, you discover that breaking even will rarely occur. Most likely, you wind up the loser.

So, in order to recover this loss, you are forced to raise the insurance and then lower it again when these people have become experienced drivers. But until they have perfected the skills involved, they may cause more accidents.

Don't get angry with the insurance companies. They are doing the best that they can. Come on, give them a break! It isn't that long until rates will decline. Until then, have a little patience.

Allison Hayes, 14, is from Calgary and currently attends Bishop Carroll High School. She enjoys writing and is planning on it as a future career.

DO YOU THINK IT IS FAIR
THAT DRIVERS UNDER THE AGE OF 25
MUST PAY HIGHER INSURANCE PREMIUMS?

Objective reasoning and previous court cases prove that it is unfair and wrong to charge an under-25 individual a higher rate of insurance than an over-25 individual. This policy must stop, and a new, efficient and fair policy be formed. Until then, the insurance industry has lost its integrity.

the company had discriminated against Michael Bates, and all males under age 25, because it had charged him higher premiums than it charged either males or females over the age of 25.

According to their report:

"The Board of Inquiry found that Zurich has offered no evidence that unmarried males under 25 constitute a high risk.

...The Board finds that Zurich has failed to establish no non-discriminatory rate classifications are available for the under 25 group."

In other words, the statistics and other information used by the company to set its rates were not valid. (Note: The statistics used by the Ontario insurance industry and other provinces are based on a statistical model developed in 1926 by the Canadian Automobile Underwriters' Association!)

There are many injustices in the Canadian insurance industry today.

Christopher Ho is from Stoney Plain. He loves to play hockey, read and is into photography. His future plans include becoming the chief financial officer to the Ghermezian brothers of the Triple Five Corporation, owners of West Edmonton Mall.

What do you think? Let us know how you would answer this question!

by Christopher Ho

Today's insurance rates for individuals under the age of 25 are unjustified. The insurance industry's high premiums are based on a biased use of information and prejudiced views of young people. Close observation will prove that the insurance industry is discriminating against young Canadians.

The most-used argument in favor of high insurance rates for people under 25 is that they are a high-risk group and that statistics show it. However, these statistics can be misleading.

According to the 1985 Alberta Traffic Collision Statistics, there were more people and drivers under the age of 25 involved and killed in casualty collisions (out of 36,784 drivers, there were 7,694 drivers under the age of 25 involved in casualty collisions). But these statistics only state involvement in an accident, not fault or negligence on the part of the driver. Therefore, information used for the purpose of setting insurance rates would be misleading.

One company, Zurich Insurance Company of Canada, used statistics to set its rates for individuals under the age of 25. However, in August 1985, the Ontario Human Rights Board found

HATE 'EM

Illustration: Kevin Ghalione

PROTECT YOUR EYES

If you're a contact lens wearer, it's easy to scratch your cornea – the clear window on the outside of your eye – with your fingernail, a mascara brush or a lens edge.

Trimmed nails, clean lenses, and careful lens insertion and make-up application lessen the chance of a scratch.

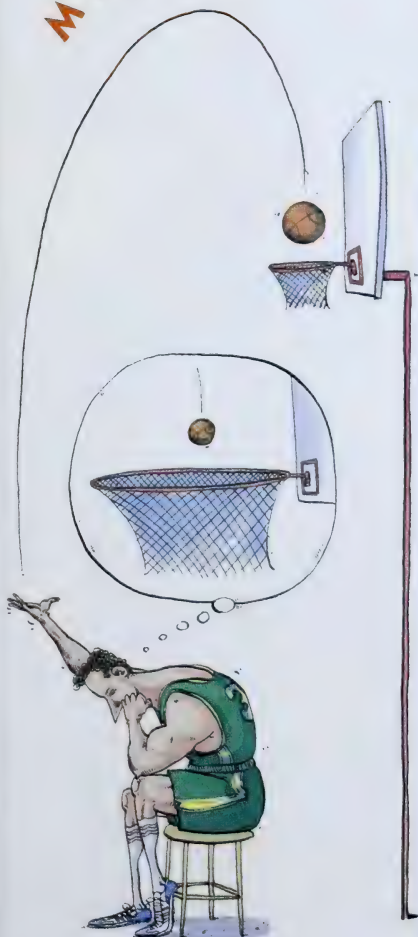
A scratched cornea is red, watery and painful. You can't wear contacts or make-up until it heals. "If you injure your

cornea," says optometrist Dr. Sonja Hageman, "you should see your eye doctor. Untreated, the scratch can become infected or leave scars that could impair your vision."

For a brochure on contact lenses, send a self-addressed, stamped envelope to the Alberta Association of Optometrists: #1, 9333 - 50 Street Edmonton, Alberta T6B 1L5 or call toll-free 1-800-272-8843.



MIND OVER MUSCLE



"You can improve your game by up to 50 per cent by developing your mental skills," says University of Alberta Golden Bears hockey coach, Clare Drake.

While these skills may not turn you into an ultra-jock, advises Drake, these tips may improve your mental skills:

CONCENTRATE. Don't let the hot-headed fan in the front row, the party after the game, or your performance jitters distract you.

VISUALIZE. Spend 15 to 20 minutes every day mentally rehearsing your moves. Feel the rhythms and sensations.

CONTROL YOUR EMOTIONS. Relax. Alternate deep and shallow breaths. Tense your muscles for five seconds, then release them – you'll be ready for action.

"Practice both mental skills and physical skills, and you'll be ready to do your best," says Drake.

Illustrations: Steve Attree



BY ROSALIE PEDERSEN

BREAKFAST TIPS

A nutritious breakfast supports your rapid muscle and bone growth, gives you energy and improves your mental ability. "That means better grades and sharper reflexes," says dietician Eva West.

Here's good news for pound preventers: breakfast does not add weight. In fact, it keeps your stomach from grumbling before lunch.

Some good-for-you breakfasts are:

- ▲ cereal and milk topped with raisins or nuts,
- ▲ an apple, cheese slice and a muffin,
- ▲ a hard-boiled egg, crackers and juice,
- ▲ toast, milk and fruit.

"Whatever you eat," says West, "make breakfast a time to enjoy your food, talk to your family and plan your day."

ZOOT TIP: Prepare your favorite breakfast and invite your friends over for an early-morning get-together.







The Write Stuff

BY KEN LOW

"I can work when I want to. It's a terrific job. I am free to decide what to do and when to do it. With a little bit of talent and a lot of hard work I got what I thought I would never have."

Sound like something good? Martyn Godfrey of Edmonton thinks so. He is a writer who has published 15 books for teens.

"It's great to be around teens," he says. "They have so much enthusiasm for life. There is a lot of exploration and excitement. They are funny, too. They get themselves into some humorous situations."

Martyn obviously has some inside information. He got to know teens by being a junior high school teacher, a good one, the kind that learns as much from the kids as the kids learn from him. He was always trying to find ways to make learning more interest-

ing. That's how he got started writing.

There was a "deadhead" student at the back of one of Martyn's classes. This student just didn't take to schoolwork. One day when the rest of the class was busy with their reading, Martyn tried to get the student involved by finding a book about his favorite subject, space. When Martyn came back from the library emptyhanded the student said: "You're always talking about writing. You should write a book for me to read." The rest of the class joined in: "Yeah, why don't ya?" Martyn accepted the challenge.

After three months of writing he gave the finished manuscript to the reluctant student to read. The student read the story and liked it so much that Martyn sent the story to a publisher. To his surprise it was accepted, and his first book was published.

"I was lucky the first time," says Martyn. "My second book showed me that I had a lot to learn. It took four complete rewrites and 1,200 pages to eventually get a 142-page book. It takes years and years of experience to become a good writer; but I was on my way. I was a writer."

After a few years Martyn was so successful, he quit teaching so that he could write full time. His novels for and about teens include: *It Isn't Easy Being Ms. Teeny Wonderful*, *The Blast*, *Ice Hawk* and *Fire, Fire*.

To keep his novels tuned to what kids like he writes 20 pages of a book and gives them to junior high students for criticism and reaction.

ZOOT caught up with him to find out about the "write stuff."

ZOOT: What does it take to become a writer?

MARTYN: Practice. Writers write. That's how you learn anything. You do it. When I was at university I had never played hockey before, but I got interested in the game. I wanted to play, so a friend and I practiced every spare minute we had. No one wants to play goalie so I decided that was what I would do. The university had a hot team with some of the best players in the country. These guys had been playing hockey all their lives. I wasn't in their league at all, but I got good enough that they asked me to practise with them and they really put me to the test. I was proud of that. I learned that if you do whatever you can, the best you can, you will sometimes surprise yourself.

ZOOT: How do you decide what you can do; where do you start?

MARTYN: Always build on your strengths. Everybody has strong and weak areas. I could always write better than I could do math for instance, so I took a long time before I got around to de-

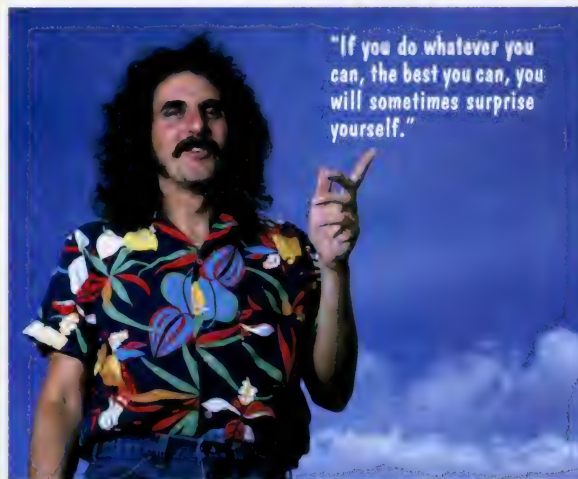


Photo Ric Koleschew

veloping my skills as a writer.

ZOOT: How do you get over the doubts about your abilities?

MARTYN: If you act like you are in control, you will be. I used to be petrified by public speaking. My knees would shake and I would have to go to the bathroom. Then I read somewhere that feelings follow action. If you act cool, even if you aren't, you will soon feel cool. So I tried it

and it worked. Public speaking doesn't bother me at all now. Being a writer is the same. If you tell yourself that you're a writer and act like a writer, you will become one.

ZOOT: What about failures?

MARTYN: Writers have thick skins. You have to get used to criticism and use it to improve. Some of your work will be rejected, maybe most of it at first.

You have to be prepared to start again; you have to persist.

ZOOT: What has been the greatest satisfaction?

MARTYN: It is always great to get a copy of a fresh new book, and smell it, and open it up and know that all those little black marks on the pages came out of your head. The greatest satisfaction though was the first fan letter I received. It was from a kid in Dartmouth, Nova Scotia. I still have the letter on my wall and it means more to me than the awards I received.

ZOOT: Any advice to potential writers?

MARTYN: Respect your abilities. Look for possible strengths that could be developed and get on with it. Don't let anything stop you. I always hear from people who say that they would like to be a writer **but**.... and then they give some excuse. Eliminate the "buts." Go for it.

If you are interested in a specific career, drop us a line. We'll see if we can get the "right stuff" together for you!

SECRET OF MY SUCCESS

Starring: Michael J. Fox,
Helen Slater
Rating: 8

The climb to the top of the corporate ladder can be grueling unless, of course, you have two things going for you: you're smart and you work for a mega-rich uncle!

▲ The story was good. The ending was a little different than I thought it would be. The commercials make you think that he didn't succeed — you only see him screwing up, not doing anything right. So the ending was good.

▲ The girlfriend, Christy, was pretty good, too. She's really pretty, but not phoney. She doesn't look like the perfect model-type. She looks like somebody you could see every day.

▲ The boss from the mailroom reminds me of the guy from *Hill Street Blues* who goes around biting everybody — Belker.

▲ This wasn't as good as *Ferris Bueller's Day Off*. That movie was good in every way. This one took a little while for the action to start. It was sort of slow. But once it got going it was great.

▲ I wouldn't change the actors in the movie. Maybe Bette Midler could have played the wife, but that would be the only change I would make.

ISHTAR

Starring: Dustin Hoffman,
Warren Beatty
Rating: 6

Two down-and-out songwriters find themselves holding the key to peace in the Middle East in this off-key comedy.

▲ One of the best parts of the show was when they were lost in the desert for two different reasons.

▲ No, the best part was when they were selling guns to the Arabs and they were trying to speak the language. The two real dealers were so confused and the songwriters made it worse. That was good for a laugh.

▲ I would have changed the actors. I wouldn't have used Dustin Hoffman and Warren Beatty. Maybe somebody like Chevy Chase, Steve Guttenberg or maybe the guy in *Cheers* who plays Woody. They would be a whole lot better.

▲ This is not anywhere near as good as *Tootsie*.

▲ I wouldn't go see it again and I won't send my friends to it.

NEVER LET ME DOWN

DAVID BOWIE
RATING: ★★ ★ 1/2

BY WINNIE HUNG

This is a hard album to classify because it reveals different images of David Bowie. There is a great range of difference in every song, especially in the category of voice. Sometimes it is hard to recognize Bowie's voice as it changes from one song to another.

The music on this soundtrack is incredibly good. But the lyrics of the songs could be improved since they don't seem to make much sense or have any meaning.

Based on my overall impression of the album, "New York's in Love" and "Day In Day Out" are the best cuts, while "Shining Star" is the worst.

This pop-rock type of music has a possible but not definite future. I would recommend this album to all Bowie fans, but I wouldn't recommend this album to anyone who wants an album worth every penny.

This is an album that is definitely going to be heard, but may not be remembered.

Winnie Hung, 15, hopes to be a great actress after graduating from fine arts at the University of British Columbia. She loves to listen to Corey Hart and Vicious Pink and keeps her eye on actors Willie Aames and Yannick Bisson.



INTO THE FIRE

BRYAN ADAMS
RATING: ★★ ★

BY DAN KALVERA

The long-awaited album *Into The Fire* by Canadian superstar Bryan Adams was recently released. I'm sure everyone who has ever listened to Bryan Adams has been wondering if the incredible success of his previous album, *Reckless*, could be reached with this album. Unfortunately, I feel that the *Into The Fire* material by Adams and producer J.J. Mallace falls short, musically, of the material on Adams' two previous albums. The music on the *Fire* album is good, you keep waiting for some great melody to spring forth but it never seems to happen.

There are some bright spots. "Rebel" and "Home Again" are two of the better cuts. Another bright spot is "Remembrance Day," a song Adams wrote commemorating the soldiers who died in World War II. The song demonstrates that he has more themes than just love or romance, which are dominant in the recording industry.

So, if what I've said "Cuts Like A Knife," and "You're feeling a little *Reckless*, give *Into The Fire* a try.

Dan Kalvera, 17, recently graduated from Salisbury Composite School in Sherwood Park. He plans to go to university to take drama and fine arts. Dan has won several awards for public speaking. He enjoys playing his saxophone and playing tennis, and he loves comedy.



SOFA CINEMA

ZOOT takes a peek at movies you can rent...

MAX HEADROOM

The Original Story

Starring: Max Headroom, Matt Frewer,
Fiora Jones
Rating: 6

Somewhere in the future, there is a phenomenon not easily explained. Is it a human or is it a computer?

▲ The TV show is definitely better. The only thing is that you have to be there from the beginning or you just won't get it.

▲ The best part of the whole show was Max and the special effects. They were really good.

▲ The story could have been better. The story line wasn't very strong. It didn't seem like it was really a story.

▲ It's not as good as the TV show *Star Trek* or anything like that. It doesn't have as much action as that.

RATING SYSTEM:

- ★★★★★ Terrific! The best album of its kind!
- ★★★★ Great! It's not perfect, but it's still pretty good.
- ★★★ Just average. Could be better, could be worse.
- ★★ Give me a break! It's pretty bad.
- ★ The worst! Don't waste your hard-earned money on this.

ZOOT presents a new look for album reviews. Drop us a line and let us know why you would be great at reviewing record albums and we'll give you a chance to show us your stuff!

ZOOT INTERVIEW

BY STEVE OLSON

ROCK and HYDE



This is the story of two school friends who realized that they had a common interest in music and a dream to make records. The first time they tried it, it didn't work. Four years later it did. In 1979 they recorded their first single under of the name the Payola\$. Their second album, *No Stranger to Danger*, won them four Junos in 1982. *Hammer On A Drum* and then *Here's the World for Ya* followed. On their last album they were known as Paul Hyde and the Payola\$. Now another new album and another name change.

ZOOT caught up with Rock and Hyde during a rehearsal for their tour, and filed this report.

ZOOT: You've been asked this a million times, but we'll ask it again: why the name change?

ROCK: I would say that after we left our last label, we just wanted to open a new chapter of our little book here, so we decided that we'd wipe the slate clean and call it Rock and Hyde.

ZOOT: The name of the album, *Under the Volcano* – is this a statement of things to come?

HYDE: No, it is from the book of that name by Malcolm Lowry. We're Lowry fans. He had a very hard life but he triumphed over it and wrote his one masterpiece, *Under the Volcano*, as a tribute to the human spirit triumphing over adversity.

ZOOT: This album has a bit tougher sound on it than the last record. Was that a conscious decision?

HYDE: On this particular record we more or less produced it ourselves along with Bruce Fairburn, but he was more of a referee than a dictator. He let us be ourselves and do the product that we wanted to do, and I think it is entirely representative of us and not influenced by anybody else.

ZOOT: Bob, you've been involved in music, not just as a musician, but behind the scenes as an engineer. How do you find the marriage of the two?

ROCK: In terms of myself I consider it music, period. I don't really break it down into categories. I do the engineering because I just have to be involved, and I have to make records. I just have to.

ZOOT: How do you define success for the band?

ROCK: I think we consider coming back and getting a new recording contract, starting the way we have, and being able to keep recording is a measure of success for Paul and me. Just being able to make records is success.

ZOOT: Paul, you are not originally from Canada. Where is it you call home?

HYDE: I grew up in England, in Yorkshire.

ZOOT: Do you keep close tabs on the English music scene?

HYDE: Yeah, I do. I prefer more of the English music than I do North American music. There is not a lot of 'white' North

American music that I like. I prefer European music. There are some good people but not a great deal. I don't like the manufactured American bands, the formula rock bands.

ZOOT: Is there a formula to the Rock and Hyde sound?

ROCK: I don't think so. If there is any formula, it is just Paul and I being together and being two different people, and the common bond being music, and when we get together we don't have any barriers.

ZOOT: The fans have come to expect a certain lyrical content. On this album there is a bit of religion, a bit of politics. Songs like "The Blind The Deaf and The Lame" come to mind. That seems to be making some powerful statements.

HYDE: It's about religion, and how it's been misused and abused through the centuries, in the name of the dollar, instead of loving thy brother. It takes the listener through from the conquistador and the slaughtering of the South American Indians for their wealth all in the name of God, all the way through to the Sunday-morning saviors, with the dubious behavior that we are hearing so much about lately, and their crusades for large amounts of money.

ZOOT: The first single, "Dirty Water," is another song with a religious base.

HYDE: It's written intentionally noncommittal. It could be about religion, or it could be about a relationship, or something like that. I think it works on an ambiguous level. People can take it for what they want.

ZOOT: This album is out on compact disk. Are you excited about that trend?

ROCK: Absolutely! This is our first album that is on compact disk, and I'm really happy to say it sounds excellent.

ZOOT: You've experimented with videos almost from day one. How did you come up with the idea of doing the "Dirty Water" video in a bathtub?

ROCK: That was actually the producer who came up with that idea, and we just went along with it and we're glad we did; it is really quite funny. It worked for us because it wasn't something that anyone else has done, and it was simple and to the point. It wasn't pretentious. That's why we went for it.

ZOOT: Do you go by the adage that the music comes first and if someone wants to play it, fine?

HYDE: I think if you do good music and write good songs, everything else follows with it. As long as we don't start writing songs for video.

ROCK: Yeah, it took us four albums as the Payola\$ to really learn what success was, and what made us happy and where our strengths lie. This is why, hopefully, this album is successful thus far. We are just doing what we do the best and we're concentrating on that, and that is all you can do.

ZOOT: We wish you continued success on the tour and future projects, and thanks for taking time out to talk to us today.

ROCK & HYDE: Thanks.

SHATTERING THOSE MENTAL BLOCKS

BY FRAN KIMMEL

What stops us from doing all the things we want to do? Often, it's because we tell ourselves we can't. We feed ourselves messages like "I'm too awkward" or "I'm not smart enough" or "I'll look like an idiot" or

These messages are called blocks. Blocks are not real; they're imagined. And as we start listening to them — and believing them — they can take over a whole lot of things. Like our lives.

Think of all the would-be scientists, Olympic contenders and rock stars out there who talked themselves out of chasing their dream in precisely this way.

Do negative thoughts creep in and crack holes in your confidence? If the answer is yes, you may need to bulldoze a few of those mental blocks.

Paul's Too-Scared-To-Try Block

Some people think Paul is a nerd. Mostly, he's a reader. Lately, his reading has led him to a strong interest in sports. More than anything, he wants to play football. Before, Paul has never sure he knows all the rules. He's not even sure he knows some of these other guys who have been jocks since Pampers. Before the season tryouts, he comes up with a batch of reasons to quit. Before starting. By the time he's through, he feels like a pudding-and-pastry combination about to be offered to the Chicago Bears.

Kathy's Talk-Herself-Out-Of-It Block

Kathy is the new kid in school. She feels she might as well be on a new planet. All week she has eaten lunch by herself in the school cafeteria. Several tables away there is a group of from classes. Kathy would like to ask the group if she can join them but she stops herself with thoughts like: "Hold on ... Wait a minute ... I'll look like a nerd ... I can't do it ... Way too scary ... Forget it ..." and so on until the bell rings. Lunch is over once again.

Jenny's Hauntingly-Embarrassing-Moment Block

Jenny waves goodbye to her friends as she slides into the driver's seat and revs up the motor. It's the first time she's had her parents' car and she knows the group is enviously watching her from the restaurant window. OK. Seatbelt on. Stereo on. Sunglasses on. Ready. DRIVE ... YIPES ... It should have been REVERSE! Crash! Luckily, a pole is in the way or Jenny and car might have ended up back in the restaurant with her astonished friends.

After nearly dying of embarrassment, Jenny gets on with her life, pays her parents for the damaged headlight, and becomes a better driver ... quickly. But her mistake keeps cutting into her thoughts. And to make matters worse, whenever she thinks about it the negative images seem to block out everything else.

What became of this troubled trio?

Paul accepted the position of football trainer. Kathy was invited to join that same group of girls the next day. And Jenny now laughs at the tale of her first glass-shattering experience.

Different teens. Different situations.

But the same painful process.

Paul, Kathy and Jenny may have found life easier if they had known ways to get past their own negative messages. Next time you're faced with a battle of the blocks, why not plan on a little bulldozing?

Bulldozer No. 1

Think of something you have always wanted to do. Take up a new sport? Try out for a part in a school play? Ask someone for a date? Write your private passion at the top of a sheet of paper.

Now think of the blocks. Think of all the reasons stopping you and write them down. Paul's page might have looked like this:

I want to try out for the football team but:
I'm too old to start now.
I don't know the rules.

The guys are going to kill me.
I'll break both legs the first time out.

I'll never be any good.
I'm too small.
I'll never make the team.

They're all going to laugh.

The next step is to review your list and blast away at everything that is not real. (If arguing with yourself seems ridiculous, you may want to pull in a friend for this part.) Bulldoze through the imagined stuff so that you can use your energy to tackle the real issues – like what is the best way to learn the rules of football.

Bulldozer No. 2

You want to do something, but it's just too scary. Don't give up. Instead, think of all the most unbelievable awful things that could happen if you were to go ahead. (You're thinking of them anyway, so you might as well make an exercise out of it – right?)

Kathy in the cafeteria might have thought: I'll get to their table and forget my name.
All my clothes will fall off.
I'll faint and land in my taco chips.
They'll see me coming, scream and run away.

Enough. Enough. Now bring yourself back to reality, have a laugh and be relieved that nothing like that will happen. For Kathy, at worst, it might have been awkward to think of things to say. That's nothing compared to the nightmare she's been through. She might as well go for it. You might too.

Bulldozer No. 3

This one is great when something is bugging you and just won't quit. Like after Jenny's car accident.

Let's say you have dealt with your problem in the best way possible, but you keep worrying about it anyway. Next time it happens, imagine this problem takes up space in your mind. Then go into your mind, remove the thought, and replace it with the most terrific image you can conjure up. Use the same image each time so it starts to become automatic, and soon you will control those nagging thoughts – instead of them controlling you.



MUSIC BIOS

BY ARLY CAMPBELL



Photo: Andrew Wynn/Dave Street Records

While Chalk Circle has been compared to groups such as U2 and Simple Minds, this award-winning group has a definite sound all their own.

They won a CASBY award (Canadian Artists Selected By You — a people's choice award similar to the Junos) in 1985 for Most Promising Non-Recording Artists, and another in 1986 for Most Promising Group of the Year.

Chalk Circle has released *Mending Wall*, their first full-length album,

as the follow-up to their mini-album *The Great Lake*.

Chalk Circle's authentic sound and different approach to music is making them the hottest "big sound" band to come out of Canada in recent years. Each song incorporates the group's individual backgrounds in jazz, new wave/punk and classics.

Mending Wall and Chalk Circle are destined to be among Canada's best music exports!



MUSIC TRIVIA DID YOU KNOW THAT

- ▶ **GOWAN** was born in Scotland and moved to Toronto at a very early age. GOWAN's favorite hockey team is the Toronto Maple Leafs.
- ▶ **ZAPPACOSTA** sings on many television commercials such as 7-UP, Chevrolet and Adidas. ZAPPACOSTA's first name is ALFIE.
- ▶ **FROZEN GHOST** utilizes the services of DERRY GREHAN of HONEYMOON SUITE on two songs on their album.
- ▶ **ROCK AND HYDE**'s **BOB ROCK** mixed the latest album from **BON JOVI**, *Slippery When Wet*.
- ▶ **TINA TURNER**'s real name is Anna Mae Bullock.
- ▶ **CYNDI LAUPER** had background vocals help on her *True Colors* album from folks like **BILLY JOEL**, **RICK DERINGER** and the **BANGLES**. **CYNDI LAUPER**'s mother made a cameo appearance in her "Girls Just Want To Have Fun" video.
- ▶ **WHITNEY HOUSTON**'s cousin is soul singer **DIONNE WARWICK**.

DAVID BOWIE

David Bowie is back with the hottest album on the market these days — *Never Let Me Down* — his first in three-and-a-half years and well worth the wait. The new single, "Day In Day Out" went to the top of the charts within weeks.

Bowie continues to be one of the most versatile performers of all time. This singer, songwriter, musician and actor utilizes his creative and innovative genius to attract new fans and leave the old guard screaming for more.

Bowie has continually developed new avenues for his many talents. He received critical acclaim for his roles in the theatrical stage productions *The Man Who Fell To Earth* and *The Elephant Man*, and film performances in *The Hunger*, *Absolute Beginners* and *Labyrinth*, and contributed original material for the soundtracks of the latter two. Even further from the pop music norm, Bowie teamed up with Bing Crosby to perform "Little Drummer Boy" and narrated "Peter and the Wolf" for the Philadelphia Orchestra.

His video with Mick Jagger of "Dancing In The Street" was the only authorized single from the Live Aid concert to become a top 10 single.

Bowie's 1987 world concert tour is guaranteed to become another spectacular music event. Watch for it!



Photo Courtesy: Capitol Records/EMI

CROWDED HOUSE



Photo Courtesy: Capitol Records/EVI

This house is packed with talent. Neil Finn and Paul Hester, formerly of Split Enz, have teamed up with Nick Seymour to form one of the best acts ever to come out of New Zealand.

Their self-titled album was released late in 1986 and has been described as simple and raw, yet complex and intriguing.

"Don't Dream It's Over" and "Something So Strong" have literally burst onto the charts and have managed to remain with amazing tenacity.

The name "Crowded House" came about when the trio was living in a small house in Los Angeles. All sorts of characters kept coming and going at all hours of the day and night. It seemed like the natural result from a bizarre situation.

So, where is Crowded House headed now? How high is up?



TINA TURNER

Tina Turner has taken the music world, and herself, by surprise with the comeback of the century. Her latest album, **Break Every Rule**, is every bit as successful on the charts as **Private Dancer** — maybe more so. It signifies that she has arrived on her own, stronger than ever.

In the late '50s, she met up with R&B musician Ike Turner and they married shortly after. In 1975, after many Grammy-winning hits and turbulent private battles, Tina left Ike to pursue a solo career both professionally and personally.

The struggle didn't end there for Turner. It wasn't until 1983, when she released the single, "Let's Stay Together," that she found success. The song literally flew up the charts in Europe and North America. The problem at that point was that there wasn't an album to go with it.

After scrambling for material and dashing into rehearsals, **Private Dancer** was recorded in just two weeks! The album went multi-platinum and won Tina Grammy awards for Record of the Year, Best Female Rock Vocal and Best Female Pop Vocal as well as two American Music Awards. *Rolling Stone Magazine* named "What's Love Got To Do With It" the best single of 1984.

She performed with Lionel Ritchie, David Bowie and Bryan Adams, and took part in the Live Aid concert and USA For Africa's single, "We Are The World."

Despite a demanding schedule which included a world tour, Tina managed to collaborate with Kurt Loder of *Rolling Stone* to write the poignant autobiography, "I, Tina."

Break Every Rule received impressive help in backup musicians, producing and songwriting from greats like Steve Winwood, David Bowie, Phil Collins, Bryan Adams, Jim Vallance, Rupert Hine and Mark Knopfler. With support like that, who could go wrong?

Tina Turner — a solid success story that's still in the making!



Photo Courtesy: Capitol Records/EVI



YOU SAID IT

Compiled by ZOOTers Roxy Porter, Arly Campbell, Wendy Drummond and Stacey Schram

Here are more results of the ZOOT poll of faves courtesy of Alberta teens:

FAVORITE SONG:

"You Take My Breath Away"
 "Walk Like An Egyptian"
 "Livin' on a Prayer"
 "Lady in Red"
 "I Knew You'd Be Waiting"
 "To Be A Lover"
 "With or Without You"
 "Nothing's Gonna Stop Us Now"
 "True Blue"

FAVORITE SPORT:

Biking
 Basketball
 Badminton
 Skiing
 Running
 Tennis
 Racquetball
 Volleyball
 Soccer
 Waterskiing

FAVORITE GROUP/SINGER

AC/DC
 Vicious Pink
 ZZ Top
 Bruce Springsteen
 Starship
 Bryan Adams
 Madonna

FAVORITE ALBUM:

Fields of Fire - Corey Hart
 1984 - Van Halen
 True Blue - Madonna
 Whiplash Smile - Billy Idol
 Slippery When Wet - Bon Jovi
 Crowded House - Crowded House
 Let's Go - Wang Chung
 Fore! - Huey Lewis
 Born in the USA - Bruce Springsteen
 Back in Black - AC/DC

BONES



FAVORITE ACTOR/ACTRESS

ALF
 Ralph Macchio
 Eddie Murphy
 Michael J. Fox
 Don Johnson
 Richard Dean Anderson
 Cybill Shephard
 Kirk Cameron
 Rob Lowe
 Bruce Willis

FAVORITE TV SHOW:

Moonlighting
McGyver
Murder, She Wrote
Perfect Strangers
Pee-wee's Playhouse
Throb
Who's The Boss?
Days of Our Lives
Kate & Allie

FAVORITE ENTERTAINMENT:

Parties
 Being with friends
 Dancing
 Watching TV
 Wrestling
 Skating
 Shopping
 Talking to friends

FAVORITE FASHION:

Jeans
 Second hand clothing
 Western styles
 '60s styles

When we asked Alberta teens way back in May what their favorite way to spend a summer day was, they sent us some beautiful summer memories.

So, just lie back and remember those summer days when you would...

- ▲ Go for a swim, then get an ice cream cone, go to the library and read a book for the rest of the day.
 — J.K., Edmonton
- ▲ To spend time with friends, go camping, see friends, or relax.
 — B.D., Myram
- ▲ Lie on a popular beach with a ton of suntan lotion topped off with a cool dip in the lake with my friends.
 — K.W., Tofield
- ▲ Either jump on my trampoline all day or spend the day with one or two of my friends.
 — L.C., Crooked Creek
- ▲ Listening to Bon Jovi while suntanning.
 — D.S., Smith
- ▲ Go get a large "Slurpie," come home and get a couple of friends to suntan on my front lawn.
 — C.F., Claresholm
- ▲ Go outside and listen to music or ride my bike all day.
 — T.H., Edmonton
- ▲ Watch the sun go down while sitting on the beach by a fire.
 L.S., Calmar
- ▲ Go to a trampoline party.
 E.C., Calgary
- ▲ Wake up feeling good, go swimming for four hours, go bike riding and suntan.

T.P., Glendon

THANKS AGAIN FOR ALL YOUR LETTERS. IT'S REALLY GREAT TO HEAR FROM YOU!

NOW WRITE IN AND LET US KNOW YOUR ANSWER TO:

"THE PERSON I SHARE MY SECRETS WITH IS...."

WATCH FOR YOUR ANSWER IN A FUTURE ISSUE OF ZOOT.

BY
 MALCOLM
 MAYES



QUIET CONFIDENCE

BY RIC DURRANT

First, let me tell you that I tend to like shy people. Then, let me ask you a question: What is it that shy people lack? Confidence you say. Sure, but they also lack some of the really irritating things found among those who make too much noise in this world — inflated egos, showing off, big mouths, thoughtlessness, pushiness and non-stop chatter. In my book, this means that shy people have a lot going for them.

You sometimes have to work a little harder to get a conversation going with a shy person, but usually it's worth the effort. Shy people are as different, as talented and as interesting as any other group of people. The problem is that when we think shy, we think plain, not much to offer, a little boring. Shy people themselves often fall into the same trap. "Hey, what have I got to offer? I'm not out there being exciting

and fun. I'm shy." Well, the shy person may not be hanging from light fixtures, but if you think he/she has nothing going for him/her — big mistake!

When you are young and shy, your shyness stands like a huge barrier in front of you. The thought of someday being at ease in the situations that now send you into turmoil and panic is hard to imagine. The real question, though, is not if you will ever put your shyness behind you. There are actually two questions: When will it happen? And how completely will it happen?

There are a lot of kids out there blushing and sweating their way through the teen years. Sooner or later a lot of great personalities show through. For some it's tougher than others; and for some, bits and pieces of their shyness may hang on into adulthood. The key, though, is that people learn to move past their shyness. That cute but childlike girl whose body has not yet found the mature shape of the other girls her age may emerge as a successful model and owner of her own business. That timid guy may surprise the heck out of you by making it to the top ranks of a large oil company while still a young man. This is exactly what happened with two of the people who anxiously made their way through junior and senior high school

She's so quiet.
I wonder what we
would have in common.



2

Hi.
I'm Jennifer.
Didn't I see you
at the lake
last weekend?

She's so popular.
I wonder why
she's asking me.

Hi. I guess so.



halls back when I was doing the same thing. Such are the minds and the talents of those who may now get overlooked as "just shy."

People have different styles, and quiet styles can be very successful. There is no need to turn yourself into a talkative, outgoing person if it doesn't seem right for you. What you do need is to be able to comfortably and confidently get through situations so that your shyness doesn't get in your way.

Confidence is the key. Confidence to meet someone, to talk with a stranger, to be a part of a group, to handle a job interview effectively. The guy who can freely chat and joke with everyone in the hall at school has his own kind of style. The style you need if you are shy is probably quite different. See yourself as the person who moves through the hall

1

more quietly, but at ease in your own way ... maybe with a small group of friends with whom you share comments, maybe stopping to talk to someone new you have noticed but haven't met yet, maybe stopping nervously, but under control, to ask someone to go out with you.

Quiet confidence grows out of discovering that you can gradually handle more and more without having to become a radical new person. What you need are situations in which you can give yourself a bit of a push, but at the same time not scare yourself to death. You need little challenges - a group to join that does something that you are already pretty good at, an event where there will be a chance to

talk to people without having to participate in things that you find embarrassing, a chance to talk to someone one-on-one rather than in front of other people, or even just a chance to smile at someone you think is kind of neat. Over the next few months, take on some of these challenges and slowly, but surely, give yourself the chance to get better at them.

Be comfortable with the idea that you can do just fine with a quiet style. While shyness can make you miss out on things because you hold back too much, your new quiet confidence will let you present yourself more and more comfortably as time passes, and more and more little challenges will become history.

I was white water rafting for the first time. It was wild!

Wow!



3

As more confidence grows, you may find that your quiet style suits you well. A lot of people do. On the other hand, you may someday find a more outgoing and vibrant person staring at you in the mirror.

Either way, easing out from under the limitations of your shyness will bring a lot more good people and good times into your life. Quiet confidence may be your destination or just a big step along the way.

Hey,
I like your style.

Quiet
is my
style.



DRUGS AND YOU

Lies Your TV



Tells You

by Keith Walls

Picture this: it is late in the day, the shadows are long. A palm tree hovers over a streaked blue ocean. On the beach an attractive couple, smiling and looking into each other's eyes, relaxes in an expensive red sports convertible. The caption: for people with a taste for something better.

Or this: there are two pictures exactly alike, except the lower one has bright colors, the upper is washed out. A group of

yuppies are enjoying big drinks on the sun-dappled deck. The caption: **Friends are worth it.**

The average person in Canada sees 300 to 500 commercial messages a day. All of these messages try to attract our attention and influence us. Many of these messages are for cigarettes or alcohol products, so it might be useful to look at these advertisements more closely.

Products are advertised to

increase sales. This is done in three ways: by introducing the product to people who don't already use it, by encouraging people to use more of the product than they do now, and by suggesting people use their brand rather than any other. This may not be a problem when it applies to a lot of products. For example, introducing soap to those who don't now use it seems okay. Increasing the amount of toothpaste consumed by Canadians may not be a bad thing. And if one brand name is a better product at a reasonable price, there is no reason why that product should not enjoy a large share of the market.

Let's apply these same ideas to spirits, beer, wine and cigarettes. The largest number of people not using these products are children and youth. If the advertisers had their way, younger children and youth would use these products. Some years ago when the drinking age was lowered to 18 in most provinces, new products went on to the market to appeal to these new drinkers. They were sweet, bubbly and inexpensive.

Advertisers are also interested in preparing young people to use their products when they grow up. They would like young people to think that everyone uses alcohol and tobacco products. This is far from the case.

- ▲ Less than one-third of Canadians smoke cigarettes and the numbers are dropping;
- ▲ Twenty per cent of the adult population do not use alcohol at all and 50 per cent use alcohol moderately;
- ▲ And the remaining 30 per cent who drink heavily consume 90 per cent of the alcohol!

Everyone knows that the risks to health increase with the number of cigarettes smoked. It is the same with alcohol. Drinking more and drinking more often increases the possibility of having problems. Yet the goal of advertisers is to increase the sale of these products.

Some years ago, people used alcohol for celebrations such as a toast to the bride at a wedding. Advertisements would like us to believe that anytime we get together is an occasion for alcohol. The caption: "Friends are worth it," suggests that there is some cost. Perhaps it means that friends are worth the expense of serving the higher-cost vodka, or maybe it means that in order to have friends you have to give them alcohol.

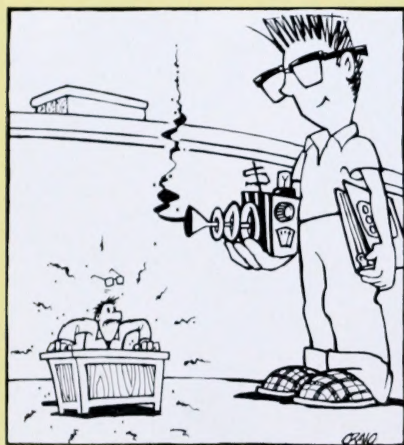
Everyone has heard the phrase "Let's party!" These days it often means, "Let's drink alcohol" and sometimes it means "Let's drink a lot of alcohol!". It could mean a lot of different things. It could mean "Let's have fun!", "Let's dance!", "Let's go to the waterslides!" When a lot of people associate having fun with drinking alcohol, the sales go up. I don't think the fun increases.

When products are very much the same, why would anyone buy a particular brand? This is the question asked by advertisers who sell alcohol and tobacco products. The answer is quite simple: they connect things that we like to the product. The cigarette ad described at the beginning of this article shows a lot of pleasant things: a tropical beach, a red sports car, people enjoying each other. We may not be able to have all of these things but we can have a cigarette.

We all want to be attractive, sophisticated, intelligent, sexy, popular, athletic, independent, powerful and successful — right? The advertisements for alcohol and cigarettes give us images of these qualities and they expect us to make the connection.

They don't expect us to think of the reality. The 70 per cent of us who don't smoke, and who use alcohol moderately or not at all, those suffering with diseases associated with the use of cigarettes, those whose lives and the lives of their families have been affected by alcohol or drunk-driving accidents, injuries or death: these do not appear in the advertisements. Then again, these images don't sell.

Cartoon: Lorne Craig



DISPLEASED WITH PROFESSOR FIGSBY'S SKEPTICISM, JEFFREY WAS FORCED TO PROVE THAT HIS MOLECULAR DISRUPTOR WAS MORE THAN JUST THEORY.

YOU ASKED

Q. There's this guy and he likes me and I like him. We want to go out together but my parents won't let me date until I'm 17 (I'm 14 now). All my friends tell me to just go out with him and not tell my parents. But I don't want to do that because it's wrong and if I get caught, I wouldn't be able to date until I left home, which I don't want. To make matters worse, he broke up with his girlfriend so that he could start seeing me. How can I convince my parents to let me date?

S.J., EDMONTON

A. Proving to your parents that you're mature enough to handle dating means gaining their trust and offering to compromise. For a start, ask them if you could invite your friend to come by the house so they can meet him. And don't feel pressured by your friend's breakup with his old girlfriend. If he's not willing to help you work this out with your parents, he's just not worth the trouble.

Q. My parents divorced recently and I'm really embarrassed to tell my friends because all their parents are still together. How should I tell my friends about my family situation?

R.D., BANFF

A. It's natural to feel hesitant about this subject, but you may not be giving your friends enough credit. We all wish at times that we had a "perfect" family. But fact is, few of us do – most of us have family problems of some sort. But remember that your friends like you for who you are, and you're not responsible for your parents' breakup. Just mention the matter to your friends in a straightforward conversation. They'll take their cue from you – whether you want to talk about it or not. After all, part of what being a friend is about is to help you out when you're down and need their support.

BY ELIZABETH DAWSON

STRAIGHT STUFF

STRAIGHT STUFF FOR TEENS

Straight Stuff is a new, free resource package for teens from AADAC. The six articles present a unique, thought-provoking perspective on alcohol, tobacco and other drugs. A discussion guide is available.

Give it to me Straight!

Name: _____
Address: _____

Postal Code: _____

MAIL TO: Straight Stuff
AADAC
7th Floor, 10909 Jasper Avenue
Edmonton, Alberta
T5M 3J9



LAST WORDS

GOOD WORK

I am really a good fan of yours. I have two of the posters from your magazine hanging in my room. I like reading "You Said It," "Bones," "Don't You Hate It When ..." and especially the quizzes. Well, keep up the good work.
P.M., St. Albert

FASCINATED ...

Hil! I just received a copy of the magazine and I think it is just great! I found it very interesting, helpful and fun to read. Most important, it gave me information about things I need to know, like drug abuse, how to give you and your friends a better life, advice, etc. It really fascinated me.
A.T., Bruderheim

TOTALLY AWESOME

All I can say about your magazine is that it's totally awesome! I love the articles you have based on real-life family

problems and the kinds of problems teenagers go through at home and at school. They really got me thinking about myself.

Please don't cut out "Bodyworks" – it's very useful.
L.N., Jossard

CRAZY AS THE NAME

I am an Alberta teen who thinks that your magazine is great!!! I went to a youth year conference in '85 that had two issues of your magazine free for the taking. I read both issues and still look at them every once in awhile. They are excellent to read and I hope to get more in the future. By the way, where did you get the name ZOOT? Whoever thought of that one must be as crazy as the name!
S.M., Edmonton

YEAH, RIGHT!

This is some of the worst stuff I have

ever read. Where do you guys get off publishing this? Yeah, right – as if anyone really cares what you have to say. I'd rather read anything else.

M.P., Cold Lake

P.S. Please make sure I get my next issue. I need something to swat flies with at the cottage.

A SMASH

I just received your magazine and I thought it was a smash. It would be better if there were more hilarious and funny parts. I like "Seen & Heard" but I wish there were more of that. Thanks!
M.G., St. Vincent

UNDERSTANDING

Your magazine is great! It really has helpful and understanding articles. I really like your quizzes. It's kind of neat to have something to do, not just look at and the advice column is great. It really helps. The posters are terrific. I put

them up all over my room. Keep it up, guys!

C.L., Onoway

THINKING AND THINKING

I have been thinking and thinking of how I could possibly tell you how much I enjoy your magazine. The only way I can think of is just to tell you that I simply love it! My two favorite articles are "Love 'Em/Hate 'Em" and "Bodyworks." Kids these days seem to be almost afraid to ask about things. "Bodyworks" answers a lot of questions that would regularly be unanswered.

Keep up the good work, ZOOT! Many more kids need to be informed. Do you send copies to school libraries? I know our school needs something like that.

K.T., Sherwood Park

Give us a call at 1-800-372-9578 to receive your very own copy of Zoot -- just remember to give us your name, age and address. It's toll-free so that means we pay the bill!



LAST SCENE

● I DON'T KNOW THE KEY TO SUCCESS, BUT THE KEY TO FAILURE IS TRYING TO PLEASE EVERYONE

— Bill Cosby

	Canada Post <small>Postage paid</small>	Postes Canada <small>Port payé</small>
Bulk third class 4180	En nombre troisième classe	
Edmonton, Alberta		

Photo: AllSportVandystadt